City Council Len Torres, President Fran Adelson, Vice President **Anthony Eramo** Eileen J. Goggin Scott J. Mandel

For Rec Use Only:

Receipt #

## City of Long Beach



Assistant Superintendent of Parks and Recreation Paul Ferrante

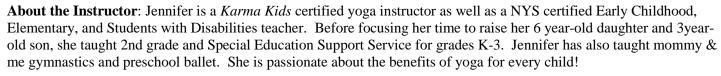
## **Parks & Recreation Department**





PRE – K, KINDERGARTEN, 1<sup>ST</sup> & 2<sup>ND</sup> GRADE

Class description: A beginner yoga class aimed at introducing yoga to young ones. We unite mind + body by using our imaginations to go on adventures to various places and acting out the poses for the animals and things we encounter. Songs, stories, games, and breathing activities are included. Please bring a mat or towel for your child and dress them in clothes good for bending and stretching.



## Tuesdays 4:30 p.m. - 5:15 p.m. Class is limited to the first 15 participants

## Schedule of Classes:

This class will be held at the Long Beach Recreation Center in the Ranger Room.

	September	October	November	December	
Tuesday	29	6 – 13 – 20	10 – 17 – 24	1	
Registration:	Long Beach Recreation Center 700 Magnolia Blvd. (516) 431-3890				
Fee:	\$60 fee for the eight (8) sessions of yoga Make checks payable to City of Long Beach. Cash, Visa or MasterCard also accepted.				
2015 Fall Little Yogis			**Put Telephone # on check		
NAME			AGE	SEX	
STREET		CIT	ΓΥ		
PHONE E-MAIL		E-MAIL			
PARENT NAME _					
I understand that the	ere will be no refunds fo	r this program. Parent Si	gnature		

Date

Amt Pd.

City Manager
Jack Schnirman